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UNDER CONSTRUCTION – Soldiers from the 372nd Engineer Company construct a K-Span building at Fort Dix's Range 1 as part of their training mission, July 24. Using Soldiers to construct the buildings serves a dual purpose – Soldiers receive training in their Military Occupational Specialty (MOS), and the Army saves money in labor costs. *file photo*

Soldier construction cuts cost

Spec. Monte Swift
203rd PAD

Those familiar with Fort Dix may have noticed some changes happening around the base in the past two weeks. Besides the rotation of annual training Soldiers moving through, new buildings have sprung up in different training locations around the base.

The building project, which includes 12 Army Reserve units from around the country, is part of this summer's annual training for engineer Soldiers. The construction includes a 150-man classroom to be used by the NCO Academy, K-span buildings at Range 1, the laying of concrete tent pads, a range tower on range 27C, new latrines, a bypass and improvements to McNiel Road.

"The overall project saves Fort Dix approximately one million dollars by having annual training Soldiers do the work instead of hiring contractors to do it. It also gives them real world training in their jobs and benefits other Soldiers," said Capt. John Mosley of the 489th Engineer Battalion, North Little Rock, Ark., who was the officer in charge of the operation. "It will get done in much less time since they only have a couple weeks to do it."

The construction was completed by July 29, despite a one day halt in construction due to weather.

"We had some problems with rain that made the site a mess. It set us back a day, and we had to work extended hours to catch up," said Staff Sgt. Douglas Dodson, the non-commissioned officer in charge of the 333rd Engineer Company, Reading, Pa., constructing the bypass.

(continued on page 4)

Dix NCOA welcomes new Commandant

Ryan Morton
Public Affairs Staff

Students and instructors from the Fort Dix Non-Commissioned Officer Academy gathered to watch Command Sgt. Maj. Peter Brooks assume command of the school, July 22.

"This is the year of the NCO and what better place to be than at the NCO Academy at Fort Dix, where you have been preparing NCOs to win in battle for over 15 years," said Brooks.

In formal ceremonial fashion, Brooks received the unit guidon from higher level commander, Col. Jeffery Bonner, 2nd Bde., 70th Training Division commander, Fort McCoy, Wis.

"To those Soldiers and families, witnessing this occasion, the acceptance of the colors by Command Sgt. Maj. Brooks should give you pause to reflect on the tremendous responsibility he just assumed. By accepting the unit's colors, he has accepted complete responsibility for this institution and all its Soldiers, students, support staff, and facilities,"

said Bonner.

"You have been witness to a symbolic acceptance of great responsibility and I trust you understand its importance. Command Sgt. Maj. Brooks, I congratulate you upon your successes to date that have earned you the title of commandant and convey my blessings and full support in the conduct of your duties. I expect you to lead this institution to its fullest capabilities. I have no doubt you will," he said.

Bonner also thanked and awarded 1st Sgt. Roy Waters the Army Commendation Medal for his distinguished service as the interim commandant of the academy since January.

To conclude, Brooks thanked his colleagues in attendance for the opportunity to lead the NCO Academy, and his wife Barbara and daughter, Kayla for their support.

"I thank you for this opportunity and I look forward to serving with you. I truly believe that the people make the difference and together we will produce the best trained NCOs needed to support the war fight," said Brooks.



David Moore

Leaders tour field operations

Lt. Col. William Ayers, above left, installation deputy commander, Col. Patrick Slowey, Fort Dix commander and Col. Gina Grosso, 87th Air Base Wing commander, give their complete attention to a demonstration conducted at Range 47 by Soldiers from Regional Training Center-East (RTC-E) on the Humvee Egress Assistance Trainer (HEAT). Grosso, at left in right photo, receives a safety briefing and demonstration on the functions of the M-240 machine gun from Sgt. 1st Class Donald McNeil, 2/315th Field Artillery, prior to going down-range to fire the weapon.



Pascual Flores

Iraq, U.S. troops see change in chemistry

Jim Garamone
American Forces Press Service

TALIL, Iraq, July 28, 2009 – The movement of American forces out of Iraqi cities has been a psychological turning point for the Iraqi security forces, Defense Secretary Robert M. Gates said.

The secretary visited Soldiers of the 1st Armored Division's 4th Brigade, the test-bed for the Army's new advisory and assistance brigades.

The secretary said he's learned from Army Gen. Raymond T. Odierno, commander of Multinational Force Iraq, and from his own observations that the agreement to take American forces out of Iraqi cities has worked.

"Everything I've heard from Gen. Odierno and [while] here is that it has been very successful," Gates said. "The feedback I got here was that the agreement has changed the chemistry of the relationship" between Iraqi and American forces.

The sense is evident, he said, that the Iraqis are equal security partners. American forces cannot be regarded as occupiers, he added, noting "a real sense of empowerment on the part of the Iraqis."

More operations are successful, more intelligence is coming in, and people have been very positive, Gates said.

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NEWSNOTES

Help is available

In need of crisis intervention and support?

Do you or someone you know need help? Call Military OneSource at 1-800-342-9647 or Outreach Center at 1-866-966-1020.

New deadline for newspaper submissions

Deadlines for submitting articles to the Fort Dix Post have changed. The Fort Dix Public Affairs Office is realigning its newspaper deadlines to match those of Joint Base higher headquarters public affairs requirements.

Submissions prepared by writers from military and civilian organizations on the post must be submitted by 4:30 p.m. each Monday.

For more information, contact David Moore, of the Dix Public Affairs Office, at 562-4035, or e-mail david.f.moore@us.army.mil.

Pre-Retirement/ Separations briefing

The next Retirement/Separations Briefing will be held Aug. 18 – 21, from 8 a.m. – 4:30 p.m. each day. The seminar will take place in the Timmermann Conference Center, located on 8th Street and Pennsylvania Avenue.

This is a mandatory briefing for Soldiers within 120 days of retirement/transition leave. However, it is open to all Soldiers and family members interested in obtaining information on the retirement or separation process.

Reservations are required. Contact the Retirement Services Officer, Fay Marshall-Dease at 562-2666 or via email at fay.marshalldease@us.army.mil to make reservations.

Weather

FRIDAY -- Variable clouds with scattered thunderstorms. Humid. High 84, low 66. Chance of rain 60 percent.

SATURDAY -- Mix of sun and clouds. Highs in the upper 80s and lows in the mid 60s.

SUNDAY -- Scattered thunderstorms. Highs in the low 80s and lows in the upper 60s.

MONDAY -- Partly cloudy, chance of a thunderstorm. Highs in the upper 80s and lows in the upper 60s.

TUESDAY -- Isolated thunderstorms. High 86, low 68.

WEDNESDAY -- Scattered thunderstorms. High 86, low 68.

behold the spirit

Army Chaplains Corps: Serving God, country for 234 years

Randy Murray
Public Affairs
Fort Stewart, Ga.

Barely six weeks after the Continental Congress established the Army and the first branch of the Army, the infantry, a second branch was established upon orders by General George Washington, according to (Col.) Gary Moore, installation chaplain at Fort Stewart.

The Army Chaplains Corps was established July 29, 1775 and for 234 years, approximately 25,000 Army Chaplains have served more than 25 million Soldiers and family members, living up to the motto on its branch insignia, "Pro Deo et Patria," which means, "For God and Country."

"George Washington said, 'We need chaplains,' said Chap. Moore, who hails from the mountain country of Tennessee. "Washington was concerned about both the morale and morals of the Soldiers serving under him and believed the Army could provide paid religious leaders to meet Soldiers' spiritual needs."

Chap. Moore noted that Army chaplains have served in more than 270 major wars with six chaplains receiving Medals of Honor and 27 receiving the Dis-



Bonnie Heater

SPREADING THE GOOD WORD — Chaplain (Col.) Samuel Boone, U.S. Army Chaplain Center and School commandant at Fort Gordon, Ga., speaks before a crowd of about 400 at the 2009 National Prayer Breakfast there.

tinguished Service Cross. He emphasized, however, that since July 1929, Army chaplains are not trained as combat Soldiers.

"We don't even train on weapons now," he said. "According to FM 27-10, The Law of Land Warfare, chaplains fall under Category IV of the Geneva Convention. If captured we're supposed to be treated as detainees. That way, they're allowed



Army Sgt. 1st Class Michael Pintagro

SOLACE — Army Capt. Arthur Van Der Velde, the 1st Bn., 32nd Infantry Regiment chaplain, helps Staff Sgt. Timothy Antonson through a tribute to his friend, Cpl. Rogelio R. Garza Jr., during a memorial ceremony held in last August, at Camp Blessing in northeastern Afghanistan.

to minister to the spiritual needs of prisoners of war."

Chap. Moore admits this treatment is not always observed by the enemy, but said an enemy's failure to follow the Geneva Con-

vention has never deterred American forces from doing what's right.

He went on to explain how the mission of the Army Chaplains Corps supplements the Army's overall mission to provide spiritual leadership for the Army family.

"All leaders care for Soldiers," Chap. Moore said. "Chaplains are leaders too with a mission to support the services that serve the Soldier."

General George C. Marshall once said, "The Soldier's heart, the Soldier's spirit and the Soldier's soul are everything. Unless the Soldier's soul sustains him, he cannot be relied on and will fail himself, his commander, (and) fail to hold up his end."

According to the Army Chaplain Strategic Plan, the three-fold mission of the Army Chaplains Corps helps Soldiers with matters of the heart, spirit and especially the soul: 1) Provide religious support to America's Army across a spectrum of operation, 2) Assist the commander in ensuring the right of free exercise of religion and 3) Provide moral and ethical leadership to the Army.

Chap. Moore began his career in 1986 after serving seven years as a pastor in a Presbyterian "Parish" church, which simply means, he served two small congregations in eastern Tennessee. He became interested in becoming a chaplain after taking one of his church members, a high school student, to the recruiter's office.

After receiving the endorsement of his denomination, Chap. Moore was commissioned as an Air Force Reserve Chaplain at Columbus, Miss.

Just a few months later, he said he got a call about being an active duty chaplain for the Army. He has served as a chaplain in Germany, Korea, Iraq, and Afghanistan as well as a tour with

7th Special Forces at Fort Bragg, N.C., where he gained the rare distinction of being one of only a few chaplains to earn master wings.

Chap. Moore said Army Chaplains Assistants, now a separate military occupation specialty (56M), will celebrate its birthday Dec. 28.

Although many chaplains probably had someone assigned or attached to help them with administrative issues, Chap. Moore said the Army didn't establish an official assistant to chaplains until 1909 with Orders No. 253.

Despite being part of the chaplain, he emphasized the chaplain assistant is a "Soldier first and last."

"(Chaplain assistants) train with and use weapons to provide security for the chaplain," he said. Though they are not ordained, they are full-fledged part of the unit ministry team, providing context for the worship area - with support for wedding, funeral, memorial or worship services. They also take up the offering money and list every penny offering on the control sheet, which is always deposited the day of or day after it's collected."

Because the chaplain assistant is a Soldier first, his combat record is impressive. Chap. Moore mentioned chaplain assistant Calvin Titus, who earned the Medal of Honor in 1902 for his heroism during the Boxer Rebellion in China.

Corporal Greene Strother, chaplain assistant with the 11th Infantry Regt., earned the Distinguished Service Cross by capturing 14 prisoners and their machine guns in Veville, France, in 1918.

Eight chaplain assistants gave their lives during the Vietnam War and Army chaplains and chaplain assistants currently serve in over 120 foreign countries.

When chaplains went down with their ship

Steve Snyder
Public Affairs Staff

The four chaplains were lieutenants in the United States Army. The Rev. George L. Fox (Methodist), Rabbi Alexander D. Goode (Jewish), Rev. Clark V. Poling (Reformed Church in America) and Fr. John P. Washington (Roman Catholic) embarked on board the USAT (United States Army Transport) Dorchester in January 1943.

The Dorchester was transporting over 900 Soldiers to the United Kingdom via Greenland.

On Feb. 2, 1943 the German submarine U-223 spotted the convoy which shielded the Dorchester and launched a torpedo which struck the American Army vessel shortly after midnight. The chaplains began to organize frightened Soldiers, distributing life jackets and when those ran out, giving their own jackets to other Soldiers.

When the last lifeboats pulled away, the chaplains prayed with those unable to escape the sinking ship. Twenty-seven minutes later, the Dorchester disappeared beneath the waves. Terrors of the deep awaited the Soldiers. But the chaplains were with them.



www.flocvivic.com

WATERY GRAVE — On Feb. 23, 1943 a German submarine, U-223, spotted an Allied convoy moving at night and closed in, pumping a torpedo into the United States Army Transport (USAT) Dorchester shortly after midnight. Six hundred and seventy-two men out of 900 aboard went down with the ship including four ship chaplains (pictured above) - the lieutenants listed below, who voluntarily stayed to comfort the doomed passengers. Memories of the chaplains' heroism still survive.



Rev. George L. Fox



Rabbi Alexander Goode



Rev. Clark V. Poling



Rev. John P. Washington

Farm Fair fuels nostalgia for country life



Steve Snyder



Veverly Wakefield

Young pigs race to get back to their food bins, left, while Dixan Maniah Wakefield, right above, granddaughter of Veverly Wakefield from the Public Affairs Office, gamely holds on to the saddle in her horseback ride at the 63d annual Burlington County Farm Fair held last week in Lumberton. Thousands attended the five-day affair and took in everything from horse shows to tractor-pulling contests.

the Post

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Maroun assumes command

Spc. Monte Swift
203rd PAD

Soldiers gathered at Sharp Field to bear witness to a traditional Army change-of-command ceremony held for the 1st Battalion, 322nd Regiment, 72nd Field Artillery Brigade, July 26.

Lt. Col. Mark S. Zaslavsky passed the unit flag to incoming commander, Lt. Col. Daniel J. Maroun. Maroun expressed that his plans for maintaining his new unit's success would come by following procedure and knowing their job to the best of their abilities.

"My plans for the unit are to stick to the basics and make sure processes and procedures are done," said Maroun. "It's like I tell my troops, 90 percent of success is to know the fundamentals of a job and doing it well without cutting corners."

The unit performs such jobs as HMMWV maintenance and issuing, supply and communications for units moving through Fort Dix.

"The mission here is to support and maintain activities of mobilizing units and to be liaisons to their training and for units coming in," said Maroun.

Some of Maroun's awards include the Bronze Star Medal, Meritorious Service Medal (With Oak Leaf Cluster), Com-



Spc. Monte Swift

NEW START -- Outgoing commander Lt. Col. Mark S. Zaslavsky, reviewing officer Col. Timothy R. Williams and incoming commander Lt. Col. Daniel J. Maroun (l-r), salute the flag, July 26, at Sharp Field to begin the change of command ceremony for the 1st Battalion, 322nd Regiment, 72nd Field Artillery Brigade.

bat Infantryman's Badge, Expert Infantryman's Badge and Egyptian Parachutist Badge. His education includes a Bachelors Degree from the United States Military Academy at West Point, Air Assault School, Airborne School and Ranger School. He and his wife Jennifer, have four children, Emilee, Amanda, Danny and William.

Zaslavsky, who has been with

the unit for the greater part of two years, will return to his duties as a police officer in Bridgewater, with intent to return to active service in the near future.

Zaslavsky is currently awaiting a colonel (O-6) billet to open up in the Army Reserves.

In his farewell speech, Zaslavsky expressed his pride in his former unit as they stood at

attention on the open parade field before him.

"I can tell you that these women and men are the finest Soldiers. They are the next greatest generation of Americans. It has been a true honor to lead them and others as their Battalion Commander," said Zaslavsky. "This Battalion demonstrates that big things come in little packages."

Dix asset preps Soldiers to deploy

Pascual Flores
Public Affairs Staff

For Soldiers from the Regional Training Center-East (RTC-E) every unit that checks in with them have one thing in common: they are here to be trained for an upcoming deployment.

Comprised of combat veter-

ans and drill sergeants, RTC-E has trained approximately 4,800 Soldiers, mainly from the Army Reserve, since it unfurled its colors at Fort Dix in March 2008.

For Army Reserve Soldiers, the mobilization training phase is a three-step procedure.

Phase One training occurs at the unit home station. Utilizing First Army Commander's Train-

ing Tool kits, selected tasks are assigned and completed for their particular mission.

In Phase Two and Three, the training focuses more on Warrior training that is conducted on a pre-mobilization and post-mobilization schedule with the pre-mobilization training at the RTC-E and post-mobilization training with First Army East.

Phase Two training consist of a 21-day cycle where Warrior Units are trained on additional required tasks based on U.S. Army Reserve Command (USARC) guidance and include primary tasks that Units cannot efficiently perform at home station or local training areas.

These tasks range from individual weapons training with issued weapons on the firing range, crew served weapon familiarization, combative skills, military operations on urbanized terrain (MOUT), convoy training and familiarization with the process of exiting and overturned

vehicle through use of the Humvee Egress Assistance Trainer (HEAT).

Sgt. 1st Class Gerald Mahoney, infantry, served in Operation Iraqi Freedom in 2004-05 with an Advisory Support Team and is currently the noncommissioned officer (NCO) in-charge for MOUT and M-203 Grenade Launcher training, said "the RTC-E has the best instructors with highly motivated NCOs that strive to do the best job."

"They want to instruct and are not just vets, but the majority are drill sergeants," Mahoney added.

The RTC training concept is designed for Army Reserve Soldiers and their respective organization to conduct individual and collective training prior to being called to active duty, thus reducing the amount of time at mobilization station translates to more time for boots on the ground in the assigned theater of operation.

"We have two companies Alpha and Bravo and the majority, 98 percent of the Soldiers, are drill sergeants," said 1st Lt. Randolph Naughton, Training and Operations Officer for RTC-E.

"Each of our companies have 31 drill sergeants and all drill sergeants are instructors on the ranges." "In addition to that all have attended the 56 day course Drill Sergeant Course at either Fort Jackson, SC or Fort Knox, Ky.," said Naughton.

The Warrior-trainers from the RTC-E are truly a Fort Dix asset and contribute greatly to the Global War on Terrorism.

Clarification:

Spc. John Capellini, 2nd Battalion, 312th Training Support Regiment, was pictured on page 1 of the July 24 edition of The Post.

Volunteers needed for Fort Dix Special Observances Committees
For more information call
Denise Horton at 562-4011



Police Log

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of July 20 - July 26, 2009.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject does not live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP# stands for Checkpoint Number.

●Police responded to a motor vehicle crash on Fort Dix Road. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle from the rear. There were no reported injuries. The victim's vehicle was released to the operator at the scene. The subject's vehicle sustained disabling damage and was towed from the scene. The subject was cited for following too closely.

●Police responded to an incident on 8th Street. Investigation revealed an FCI inmate had received an alcoholic beverage from a civilian NAFD. Further investigation revealed the subject was on post to visit the inmate and that she had brought him alcohol and food several times. The subject was transported to the police station for processing and cited. FCI personnel took custody of the inmate.

●Police responded to a report of accidental damage to private property near Bldg. 8679. Investigation revealed a backhoe, operated by a Soldier assigned to Fort Dix, snagged utility wires which fell on the backhoe. The subject was unable to exit the vehicle until the power was cut off. The utility company responded and repaired the damage.

●Police responded to a report of larceny of government property at Vehicle Storage 2. Investigation revealed person(s) unknown had taken chalk blocks and vehicle fluid drip pans. Investigation continues.

●While police were giving directions to a vehicle at the Main Gate, the vehicle, operated by a civilian NAFD, accelerated onto base without authorization. A traffic stop was initiated, and the vehicle was escorted off post.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5502. Investigation revealed the alarm was a trouble alarm.

●During a routine traffic stop on Texas Avenue, police discovered the vehicle operator, a civilian NAFD, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●During a routine credential of a vehicle attempting to enter the installation via CP #9, police discovered the operator, a civilian NAFD, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police responded to a report of a suspicious package at the Visitor Center. The area was evacuated and sealed. Investigation revealed the package, a briefcase, belonged to a legal officer visiting FCI. The subject was located and returned to the Visitor Center. The case was inspected and all found to be order.

●Police responded to a report of malicious mischief at Infantry Park. Investigation revealed that person(s) unknown had removed pennants from flag poles. Investigation continues.

●Police responded to a traffic accident on Julietstown Road. Investigation revealed a vehicle, operated by a civilian NAFD, struck another vehicle from the rear. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 8531. At the same time, police received a call reporting smoke in the building. Investigation revealed a motor for the air handler on the air conditioner overheated and caused the smoke. Power to the a/c was shut off and the building vented.

●During a routine traffic stop on Saylor's Pond Road, police discovered the vehicle operator, a Fort Dix contract employee, had a suspended driver's license. The subject was cited and the vehicle released to a licensed driver.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5434. Investigation revealed a drop in water pressure was the probable cause of the alarm.

●Police responded to a motor vehicle crash near Bldg. 5601. Investigation revealed a vehicle, operated by a Fort Dix civilian employee, struck a parked vehicle while backing from a parking space. There were no reported injuries and the vehicles were released to the operators at the scene.

●Police and Fire Department personnel responded to a fire alarm at Bldg. 5231. Investigation revealed the alarm was malfunctioning. A work order was placed.

●During a routine traffic stop on Pointville Road, police discovered the vehicle operator, a civilian NAFD, had an outstanding warrant out of Tabernacle Township. The subject was transported to the police station for processing. Tabernacle was contacted and issued a new court date. The vehicle was released to a licensed driver.

●During a routine credential check of a vehicle attempting to enter the installation via the Main Gate, police discovered the vehicle operator, a civilian NAFD, had a suspended driver's license and outstanding warrants from Blackwood and Soul. The subject was transported to the police station for processing, cited, and transferred to the custody of the Burlington County Jail.

●During a routine traffic stop on Cookstown Road, police discovered the vehicle operator, a civilian NAFD, had a suspended driver's license and an outstanding warrant out of Pemberton. The subject was transported to the police station for processing, cited, and transferred to the custody of the Burlington County Jail. The vehicle was released to a licensed driver.

●Police, Fire Department, and emergency medical personnel responded to a traffic accident on Cookstown Road. Investigation revealed a vehicle, operated by a civilian NAFD, crossed the center line and struck another vehicle. Three critically injured persons were airlifted to Cooper Medical Center. Another injured individual was treated at the scene and transported by ambulance to VMHBC. Both vehicles were towed from the scene.

●There were five expired identification cards confiscated during the period.

●There were 10 Magistrate Court Citations issued for violations. DWI incidents remain at eight for the year.

Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:
Monday through Friday, 7:45 a.m. to 4:30 p.m.

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Looking for information and assistance? ACS is here to serve you.

Soldier construction cuts cost

(continued from page 1)
Many of the buildings being constructed are pre-manufactured, bolt-together steel buildings that save Fort Dix time and money, while at the same time being reliable. Materials made from recycled steel are used whenever possible as part of the Army's environmental mission. Some work, such as latrine construction done by the 672nd Engineer Company of Missoula, Mont., is focused around modernizing outdated facilities on the ranges. Other portions of the project focus on improving

already existing infrastructure. Such work was done by the 712th Engineer Company of York, S.C., by widening and laying blacktop on McNeil Road. "We were a Combat Engineer unit, but we are in the process of re-classing to a heavy equipment engineer company so this is our first annual training doing this type of work," said 2nd Lt. Tracy Rodgers of the 712th Engineer Company. "This is really good for the younger guys coming out of AIT (Advanced Individual Training). You can't get better real world training than this."



photos by Spc. Monte Swift, 203rd PAD
HOT STUFF -- Spc. Joseph Checcolinski, 372nd Engineer Company of Pewaukee, Wis., tests his wire feed and temperature before welding on a K-span building his unit constructed at Fort Dix's Range 1, July 24.



TEAM WORK -- Engineers of the 372nd Engineer Company of Pewaukee, Wis., guide an arch section of K-span building one into place at Range 1, July 24, above. It is one of 16 that will eventually be built. Sgt. Russell Briggs, right, of the 412th Engineer Co., Scranton, Pa., digs footers for pads that will later be poured. This project is one of many construction missions happening on the post.



Ryan Morton

Academy welcomes new leader

Col. Jeffery Bonner, 2nd Bde., 70th Tng. Div., from Fort McCoy, Wis., Commander, hands the Fort Dix NCO Academy guidon to incoming commandant, Command Sgt. Maj. Peter Brooks at the Assumption of Command ceremony, July 22. Bonner assumes command from 1st Sgt. Roy Waters who was the interim commandant of the academy since January.



Returning Soldiers get warm welcome, new commander

Ryan Morton
Public Affairs Staff

More than 70 Soldiers from the 157th Combat Sustainment Support Battalion (CSSB) returned to family and friends at Fort Dix's Bravo Company Chapel, July 23 after accomplishing an Operation Iraqi Freedom mission. The unit, from

Willow Grove, Pa., has Soldiers from more than 15 different states including Texas, Virginia, Georgia, New York, Louisiana, Kansas, and Alabama. "In today's plug and play Army you have to be prepared and they were," said 157th CSSB Battalion commander, Lt. Col. David Whaling. Whaling gave a speech thanking and congratulating each and

every Soldier in his unit and thanked their families for their support during the deployment. "This is the team here (his Soldiers) that made it happen. They did an excellent job," said Whaling. After exchanging pleasantries, every Soldier in the unit received the Welcome Home Warrior-Citizen Award, which is given to Army Reserve Soldiers

upon their return from Operations Enduring and Iraqi Freedom. The award consists of an American flag encased and personalized, a Welcome Home Warrior-Citizen flag, and an Army Reserve lapel pin. Eighteen Soldiers in the unit were also recognized for their outstanding efforts and received Commanders' Coins of Excellence for their exemplary work.

After the awards presentations, a letter written by Representative Allyson Schwartz, 13th District of Pennsylvania, was read. "Dear Soldiers of the 157th Combat Sustainment Support Battalion (CSSB),

I would like to welcome you home and congratulate you for your dedication to our nation while serving in Iraq from July 2008 to July 2009.

Today it is both our responsibilities and honor to thank you for standing on the front lines in defense of our nation. It is especially important to acknowledge your duties and sacrifices, and the duties and sacrifices of your families, while you were deployed. As a daughter of a Korean War Veteran, I take very personally my responsibility to ensure that our troops receive the respect that their service has earned them. In Congress, I am proud to be a steadfast supporter of our men and women in uniform," said Daniel Lasko, reading the letter by Schwartz.



Ryan Morton

NEW COMMANDER -- Capt. John Boylan, 157th Combat Sustainment Support Battalion (CSSB), Headquarters and Headquarters Company (HHC) commander, receives the company guidon from battalion commander, Lt. Col. David Whaling, at Fort Dix's Bravo Company Chapel during the change-of-command ceremony, July 23. Boylan relieves Capt. Mark Bastian. The ceremony took place immediately following the unit's welcome home ceremony.

Also on hand was Veterans of Foreign Wars (VFW) Post 676 commander, Andrew V. Amici, from Glenside, Pa. He spoke to the unit offering thanks to the Soldiers and offered support to the unit by adopting them and presenting the 157th CSSB with a plaque. This is part of the VFW's Adopt-A-Unit program which works to help a military unit by sending care packages to deployed Soldiers and offering moral support to family members left behind. After the welcome home ceremony concluded, the unit conducted a change-of-command ceremony for the Headquarters and Headquarters Company (HHC). Capt. Mark Bastian, who commanded the HHC in Iraq, relinquished his command to Capt. John Boylan.



Ryan Morton

APPRECIATION -- Andrew Amici, Veterans of Foreign Wars Post 676 commander, from Glenside, Pa., presents Lt. Col. David Whaling, 157th Combat Sustainment Support Battalion (CSSB) commander, with a plaque denoting the unit being adopted, July 23. The 157th CSSB, from Willow Grove, Pa., recently returned to Fort Dix from an Operation Iraqi Freedom mission.

NEIGHBORHOOD

The Corner

Hot August Night Wine and Jazz Festival returns

Enjoy a night of wine and smooth Jazz at Club Dix Aug. 14 at 5:30 p.m. Live performances by Jazz greats Jeff Golub, Eugene Groove, Jeff Lorber and Jessy J, along with a variety of wines and spirits highlight the evening. The event is open to the public. Tickets are \$24 for ID card holders and \$29 for all others. Anyone attending the wine tasting must be 21 or older. Tickets may be purchased in person at Club Dix and FMWR Headquarters or over the phone by calling 562-6772.

Items available to rent at Outdoor Recreation

Add some fun to your family or community event this season by renting items from the Outdoor Recreation Equipment Resource Center. Baggies, three bouncy castles, and two sizes of table covers are available to rent. Canoes, boats, tents, tables, chairs, super cookers, mountain bikes and other equipment are also available. For more information call 562-6667.

English as Second Language courses offered

Army Community Service will be offering English as a Second Language evening classes for beginners in August. These classes will help foreign born spouses and other foreign born family members to learn and improve their command of the English language. Please contact Amada Espinoza or Patricia Toler for more information and registration at 562-2767.

NASCAR simulator coming to PX/BX

The Official #24 Jeff Gordon Pepsi Chevrolet simulator will be at PX/BX parking lot Aug. 7 from noon to 6 p.m.

Families invited to relive 1960s in concert

Groovy ID card holders and their families are invited to dust off their tie-dyed shirts and bell bottoms and attend the 60s Flashback Family Day Music and Art Expo Aug. 8 on Doughboy Field. The fun runs from noon to 7 p.m. and features live entertainment, boardwalk games, a classic car show, photo stands, craft demonstrations, a NASCAR simulator and more. Food will be available to purchase. For more information call 562-5881 or visit the Fort Dix Family, Morale, Welfare and Recreation website at www.dixmwr.com.

Six Flags Great Adventure to host Military Day

Six Flags Great Adventure is recognizing those who serve the country by holding their Military Appreciation Day on Aug. 15. The discount package includes a one-day admission to Six Flags Great Adventure and Wild Safari and all-you-can-eat buffet for only \$29.50 per person. To purchase tickets, mail checks to Liberty USO, Terminal A-East, Philadelphia Airport, Philadelphia, PA 19153. Call (215) 365-8010 for more information.

Mothers of Preschoolers group meeting starting soon

The Military Mothers of Preschoolers group (pregnancy through kindergarten) will meet the second and fourth Tuesday of every month from 9:15 a.m. to 11:15 a.m. at the Fort Dix Main Chapel starting Sept. 22. MOPPETS program is provided for ages 6 months and up. Registration is required. Volunteers are also needed for the MOPPETS room. Playgroups are being held every Wednesday throughout the summer. For more information call Jessica Follett at (585) 802-3308 or email jessicafollett@yahoo.com.

Bowling League forming for winter season

The Tuesday Night Keglers (mixed-HCP) league is forming for the 2009/2010 winter season. Sign-up at the Fort Dix Bowling Center. Both individual and team bowlers are needed. The league will start Sept. 8 at 6:30 p.m. For more information call Willie Williams at 893-8430.

Soldiers see loved ones on TV



Wayne Cook

SWEET HOME ALABAMA -- Soldiers from the 217th Military Police Company from Prattville, Ala., participated in a video tele-

Wayne Cook
Public Affairs Staff

Soldiers from the 217th Military Police Company, Alabama National Guard from Prattville, Ala., were treated to a special moment with family members and their state and local officials during a video teleconference (VTC) at the Public Affairs Office July 24.

Getting a rare break in pre-deployment training, personnel from the 217th got to spend approximately one hour visiting with their loved ones, albeit long distance via camera and microphone.

The primary location for the event was the state capitol building in Montgomery, Ala., with VTC locations in Washington, D.C. and Fort Dix. Arranged by the Alabama Department of Economic and Community Affairs (ADECA) and coordinated with the Alabama National Guard Public Affairs Office, the event included words

of support and encouragement from the Prattville mayor, Jim Byard, Jr., the state's junior senator, Sen. Jeff Sessions; the representative from the Alabama 2nd Congressional District, Rep. Bobby Bright; and the representative from the Alabama 3rd Congressional District, Rep. Mike Rogers.

"When we deploy our men and women all over to the dangerous parts of the world, I hope you know you have our full support and that of the members of Congress. We couldn't be prouder of what you do," Sessions told the MPs. Byard told them he is very proud to be one of those guys who claps as the Soldiers walk by.

"We recognize what you and your families sacrifice. Know that we appreciate what you and what you do," Rogers added.

Maj. Gen. A.C. Blalock, Alabama National Guard Adjutant General, addressed his troops and extended his heartfelt thanks for their sacrifices and those of their families.

conference (VTC) with family members and local and state officials July 24 at the Fort Dix Public Affairs Office.

Doni Ingram, ADECA director, presented Byard with the service banner she had displayed in her home when her husband, a veteran of more than 30 years in the military, departed for duty overseas. She asked him to hang it in the town hall until the Soldiers of the 217th returned home.

The military policemen sat and watched, emotion etched on each face. "It was hard being a part of this, but it was good to see my family. My little girl is so big. I was glad to be selected to participate in the VTC. Any chance to see my family -- I'll take it," said Spc. Adam Hollingsworth, his eyes glistening a bit as he watched his daughter take her first steps.

Pfc. Kenneth Nixon visited with his wife Maranda, son Mark Kason, and his in-laws. Chief Warrant Officer Randy and Martha Hickman. During the visit Nixon's wife accidentally revealed her sweetheart nickname for her husband, instantly causing his face to turn red. He said he would not live that down for the

next year. Blushing aside, Nixon said he thought it was pretty cool for the Alabama National Guard to set the VTC up for the troops. He said he was elated to see his son who had just turned one and recently learned to walk.

One Soldier who sat enraptured by the event and the opportunity to see his loved ones, shared that he was really impressed by the generosity of those who organized the VTC. "It meant quite a bit to me. I appreciate everyone that had a hand in putting this together. Its good knowing that people care that much about us Soldiers," Sgt. James Groulx said.

According to Sgt. 1st Class Clark Tarver, the Soldiers that participated were selected based upon two factors: their duty performance and the fact that their family members were not able to attend the unit farewell when they left Alabama.

The Soldiers of the 217th are deploying to Iraq for duty as a Police Training Team.

New store offers tactical gear at BX/PX

Spc. Brandon Babbitt
203rd MPAD

A new store opened its doors in the retail shops outside the main BX/PX July 1. Warrior Outfitters hopes to provide the best innovations in tactical gear for military members.

"We have accessories such as knives, combat shirts, holsters, and vests for all branches," said Warrior Outfitters' founder Michael Grandy. "Basically,

we have anything from slings to boots and everything in between."

It all began when Grandy, a Command Sergeant Major with the Army Reserves 77th Special Troops Brigade, began selling tactical gear at a BX/PX with his wife Barbara on weekends. After doing quite well while working at it just part time, BX/PX General Manager Freddie Puryear approached him with the opportunity to open a store full-time here.

With what seemed to be a great

chance to provide military members something he believed they needed, Grandy and his long-time friend and retired Police Officer from the Fort Dix area, Kevin Stout, gathered support from tactical gear companies Combat Arms and Fobus, and opened up a shop full-time July 1.

"We are fortunate to know all of the right people," Grandy said. "Both Kevin and I have been selling tactical gear for a few years now, so this is something we are familiar with."

For Grandy, a Philadelphia native, the opening of Warrior Outfitters has become somewhat of a family affair as his wife Barbara, and sons Michael Jr. and Kevin all work at the store on a part-time basis.

For Barbara, who is an oral surgical assistant during the week, working the retail end of the business on weekends

has been challenging yet rewarding at the same time.

"As for the product line itself, I'm not that familiar with it because I myself am not a military member," Barbara said with a chuckle. "However, talking with the troops and working with them has been very exciting and something I look forward to during the week."

Grandy's "mission first" philosophy he has developed over the years brings a unique military approach to the retail side of things. His goal is to open up over a dozen stores at military locations nationwide, and to make Warrior Outfitters products available and affordable to everyone.

"The idea is to have good gear at the best possible price," Grandy said. "I want the junior enlisted to be able to afford our products, not just those who make the bigger pay checks."

Mental wellness topic at medical symposium

Jerry Harben
Army News Service

SAN ANTONIO, Texas, July 24, 2009 — Army Vice Chief of Staff Gen. Peter W. Chiarelli told more than 2,000 Army health-care professionals Tuesday that they must produce "mental wellness" through a multidisciplinary approach.

Chiarelli spoke at the annual Army Medical Symposium in San Antonio sponsored by the Association of the United States Army and U.S. Army Medical Command. He told the audience a spike in Soldier suicides during January and February was "appalling," and described his work organizing a task force to address the problem.

"I realized the problem is larger than suicide prevention. It's about mental wellness of Soldiers and their families," he said.

One key to mental wellness is the ability to spend adequate "dwell time" at home between deployments, he said. "Dwell really matters. If you can keep a unit at home, they can get that knee operation done that they need to get done, they can get help for the musculoskeletal issues that they have, and

have time to recover and not push themselves. It really matters," Chiarelli said.

He told of speaking to a training course for junior noncommissioned officers in which almost all the students had deployed to combat, many three or four times.

"That's stress. And, as much as it is stress on that individual Soldier, it is stress on the family," he said.

Chiarelli described changes in today's transformed Army, and said one of those changes is a tendency to maintain strength by keeping Soldiers in the Army rather than separating them because of drug, alcohol or similar issues.

"A lot of people have said to me, we don't need to boot people out, we need to get them help. I am in total, total agreement," he said.

He added that during a tour of six installations this spring to investigate Soldier suicides, he found "that is not necessarily what is happening in units today. We are not getting them help that they need, and that's what I find appalling."

Evidence indicates commanders sometimes do not report infractions in order to keep Soldiers deployable. As a

(continued on page 7)



Spc. Brandon Babbitt, 203rd MPAD

GOOD GEAR-- Air Force Tech Sgt. Brad Goering, 305th Aircraft Maintenance Squad, checks out the product line at the new Warrior Outfitters store at the BX/PX.

Announcements

Chapel Services

**FORT DIX
562-2020
SUNDAY**
Traditional Protestant
9 a.m. to 10 a.m.
Catholic
10:15 a.m. to 11:15 a.m.
Gospel
11:30 a.m. to 1 p.m.
Jewish Prayer Room
Room 27
Protestant, Catholic,
Latter Day Saints
Sunday, 7:30 a.m.
Islamic Prayer Room
Monday through Friday
COL: Chaplain's trailer
8 a.m. to 9 a.m.

Chapel 5
Bldg. 5950 Church St.
If Chapel is closed
call 562-3311
to schedule a time for prayer

Sunday School
10 a.m. to 11:15 a.m.

Religious Activities

Protestant Men of the Chapel
Prayer Breakfast
Fourth Saturday of each month
9 a.m. to 11 a.m.

Protestant Women of the
Chapel
Meets every Tuesday
9:30 a.m. to 11:30 a.m.
at the Fort Dix Main Chapel
and the fourth Tuesday at
Buttonwood Hospital.

McGuire
754-4673

Sunday Services
Contemporary Gospel
9:45 a.m.
Chapel 2

Fountain Green Golf Course

Commander's Cup Golf
Tournament, every third
Wednesday.
Sign up today. Call 562-5443
Mulligan's Restaurant and
the 19th Hole sports bar open to
all comers.

Visit the Pro-Shop. Gift
certificates available. Call 562-
6071.

Open House

Come out and join United
Communities for an open house
Sat., Aug. 8, from 10 a.m. to 2
p.m. at the Falcon Courts North
(McGuire) at 3968 A Brown Ct.

Yard of the Month

United Communities will be
judging the August Yard of the
Month winners Aug. 12-19 and
will award and take pictures of
the winners Aug. 27.

Youth Center

562-5061
Bldg. 1279 Locust St.
Hours of Operation
Monday through Friday
2 p.m. to 7 p.m.

Saturday
1 p.m. to 7 p.m.
Closed Sunday
Administrative Hours
Tuesday through Friday
Noon to 6 p.m.

Summer Schedule
Monday through Friday
Middle School Summer Camp
6:30 a.m. to 6 p.m.

Open Rec.
1 p.m. to 7 p.m.

United Communities

Self Help Office
Monday through Friday
7 a.m. to 4 p.m.
Closed Saturday and Sunday
724-0550

For information on events,
contact Amber Stadler at 723-
4290

McGuire Pool
Family night at the Pool
Thursday, 5 p.m. to 8:30 p.m.

Trash Schedule
Wednesday
Fort Dix: 1200s, older 1500s
and 1600s including quarters
201, 502, and 1900
McGuire: 4000s, 4200s
Recycling Schedule
Every other Thursday

FMWR Presents

**CLUB DIX
723-3272**
HOURS OF OPERATION
Java Café
Monday through Friday
7 a.m. to 1:30 p.m.

Smokehouse Restaurant
Lunch Served
Tuesday through Friday
11 a.m. to 1:30 p.m.

Closed
**Saturday, Sunday,
Monday**

Blue Room
Wednesday
5 p.m. to 10 p.m.

Thursday through Saturday
6 p.m. to 10 p.m.

Closed
Sunday, Monday, Tuesday

Computer Lab
Monday and Tuesday
7 a.m. to 1:30 p.m.

Wednesday through Friday
7 a.m. to 10 p.m.

Saturday
Noon to 10 p.m.

Sunday
10 a.m. to 6 p.m.

Equipment
Resource Center

Hours of operation:
Monday through Thursday
10 a.m. to 6 p.m.

Friday: 10 a.m. to 7 p.m.
Saturday: 9 a.m. to 4 p.m.
Call 562-4767 for details

John Mann
Recreation Park

Hours of operation:
Wednesday and Thursday
1 p.m. to 7 p.m.

Friday, Saturday, Sunday
1 p.m. to 8 p.m.

Painball at Range 14
Saturday and Sunday
9 a.m. to noon

and
1 p.m. to 4 p.m.
Call 562-4767 for details.

White Water Rafting trip

The Maine White Water Rafting
trip has been rescheduled for Aug.
6-9 and seats are still available.
Call 562-2727 to register or for
more information.

Griffith Field House
Bldg. 6053 562-4888

Monday, Wednesday, Friday
Combat Fitness Challenge
Military Only
6:30 a.m. to 7:30 a.m.

Monday
Mind & Body Yoga
Noon to 12:45 p.m.

Total Toning
5:15 p.m. to 6:15 p.m.

Gut Buster
6:15 p.m. to 7 p.m.

Tuesday
Step and Sculpt
Noon to 12:45 p.m.

Pilates Fusion
5:15 p.m. to 6:15 p.m.

Mind and Body Yoga
6:15 p.m. to 7 p.m.

Wednesday
30/30
Noon to 1 p.m.

Mind and Body Yoga
5:15 p.m. to 6:15 p.m.

Circuit Training
6:15 p.m. to 7 p.m.

Thursday
Retirees in Motion
9 a.m. to 12:30 p.m.

Turbo Kick
Noon to 12:45 p.m.

Zumba
6:15 p.m. to 7 p.m.

Friday
Spin-It
Noon to 12:45 p.m.

Step Fusion
5:15 p.m. to 6:15 p.m.

Saturday
Cardio Muscle
9 a.m. to 9:30 a.m.

Volunteers needed

for Fort Dix
Special Observances
Committees

For more information
call
Denise Horton at
562-4011



**FORT DIX
WANTS YOU**



Call Army
Community Service
at 562-2767
to find out more.

Arts & Crafts Center

Bldg. 6039
Philadelphia Street
562-5691

Registration hours:
Tuesday: 9 a.m. to 4:45 p.m.

Wednesday and Thursday:
Noon to 5 p.m. and
6 p.m. to 8:45 p.m.

Friday: 11 a.m. to 4:45 p.m.
Saturday: 9 a.m. to 4:45 p.m.

Summer Art Camp
Ages 6 to 10

Tuesday through Friday
12:30 p.m. to 2 p.m.

Ages 11 to 16
3 p.m. to 4:30 p.m.

Pre-registration is required.

Session 3: Aug. 18 through 21

A \$50 registration fee (per
session) includes all materials.
Explore a variety of craft tech-
niques using clay, paper, paint
and more.

Sign up for one or more ses-
sions since projects will be
unique to each session. Dis-
counts are available.

Framing
Qualification Classes

Saturday, Aug. 1
9 a.m. to 11:30 p.m.

Wednesday, Aug. 5 or 12
6 p.m. to 8:30 p.m.

Pre-registration fee of \$10 is
required prior to class. (Materi-
als not included.) Become fami-
liar with the equipment and com-
plete one piece. You must bring
something such as an 8"x10" photo
or certificate to frame.

All materials are available at
the frame shop and can be pur-
chased at the end of class.

Krafty Birthday Parties

Parties include up to two
hours of party room use, and
includes one craft project with
instruction and materials. Many
exciting projects to choose from.

When making party reservations,
please stop by to select the
desired craft and to make your
payment.

Sony Picture Station

Do-it-yourself instant, high
quality prints are easy to create
and affordable too. Sizes avail-
able include wallets to 8" x 10".

Personalize your prints with
wording, borders, collages,
scrapbook pages, cards, calen-
dars, and more. Just slip in the

card from your digital camera, or
a photo CD, and you're ready to
print! Scan some old photos and
burn them onto a CD, or just
copy onto a CD from your mem-
ory card. This machine does it
all.

Create-A-Critter

Adorable Critters you can
stuff yourself. It's easy and fun.
Choose from an assortment of
bears, puppies, unicorns, frogs,
tigers and more. You can even
add an outfit. Create a design for

T-shirts and canvas backpacks.

Stop in today and have tons of
fun stuffing your very own plush
animal. Take one home to stuff
or give as a gift. Critter Birthday
Parties also available.

WWW.DIX.ARMY.MIL
New and improved to better serve
YOU
Log on today

Read The Post!

Army Community Service (ACS)

562-2767
Hours of Operation:
Monday through Friday, 7:45 a.m. to 4:30 p.m.

Mental wellness topic at symposium

(continued from page 5)
result, those Soldiers do not get treatment, Chiarelli said.

The number of suicides by Soldiers now exceeds the rate in a demographically similar population of civilians.

"January and February was a [suicide] epidemic," Chiarelli said. "Through a lot of great work of folks here and the stand

down that we conducted, I believe we have people started thinking about this problem and taking action. I've seen we have started to drive that number down. Knock on wood."

Chiarelli described a broad study of suicide the Army has commissioned from the National Institute of Mental Health, and a recent examination of a cluster

of violent incidents at Fort Carson, Colo.

He said there are many programs to help commanders deal with behavioral-health problems, in fact, he added there probably are too many.

"The problem is there's a thousand flowers blooming, and unless you are a trained behavioral-health person you have no

WELLNESS WARRIOR -
- Army Vice Chief of Staff Gen. Peter W. Chiarelli addresses the audience July 21 during the Army Medical Symposium in San Antonio, Texas. Chiarelli stressed the importance of mental wellness for Soldiers and their families to help prevent suicide. After experiencing a spike in Soldier suicides this year, the Army is exploring different ways to prevent this from happening again with programs such as allowing Soldiers to self-refer for treatment without their commanders being informed.



idea which one to pick," he said. "The NIMH study is going to help us in that area; we are going through those programs now and culling them out."

Chiarelli pointed out there are 32 organizations that play a role in suicide prevention, and he wants to reduce that to one organization.

"What we're trying to do in a short period is get this to where it makes sense to people working in the OPTEMPO of today," he said.

Chiarelli said the Army is doing well at assisting and treating patients, but needs to improve at assessment and education.

He said the Comprehensive

Soldier Fitness programs being developed by a team headed by Brig. Gen. Rhonda Cornum will help.

"This has the opportunity to revolutionize how we attack this problem," he said. "It is not just 140 Soldiers who committed suicide last year, it's all those others out there who will never commit suicide but who are suffering and need our help...this is the big idea."

The general also addressed a stigma associated with receiving behavioral-health care. He said the Army is experimenting with allowing Soldiers at some installations to self-refer for treatment without their commanders being informed. Another initiative is

Web-based care.

"In the privacy of your home, you have the ability to go online and talk to a psychiatrist, psychologist or mental-health care folks."

This is being done in Australia with great success. What they are finding is people who have access like this are much more willing to talk about what their problems are," Chiarelli said.

Chiarelli concluded by emphasizing the following points: The force is stressed. Army Force Generation has effects on Soldiers and families. Mental wellness is key. It requires a multidisciplinary approach.

Truck company Soldiers really brothers in arms

Wayne Cook
Public Affairs Staff

The 619th Transportation Company (Medium Truck) from Auburn, Maine is preparing to deploy to Iraq for the second time since 2004. Making the trip with the company is a pair of brothers who also deployed together the first time. Staff Sgts. Kevin and Neil Corriveau from Oxford, Maine are familiar with the routine, having been through it before.

According to Kevin, it's really no big deal. "We usually aren't on the same missions, but when

we are, you know, I kind of look out for him."

The brothers are assigned to different platoons so their interaction is limited. That doesn't mean they don't have ways to keep a watch out for each other.

"In our units our Soldiers know who each of us is, so I know that his guys will watch out for my back and mine will watch out for his," said Neil.

Kevin is the older of the two brothers and it was only natural that he was first to join the Army. He joined when he was 17 and still in school. He thought it would be a good experience and has not been disappointed thus

far. Neil said that growing up they had the normal sibling rivalry but he also looked up to Kevin.

"He led and I followed most of the time. Joining the Army was one of those times. Kevin is a big part of the reason I joined," Neil said.

The Soldiers are very close and similar in many ways. They work together in the logging business when not mobilized. They both have wives and children. They both are eligible for sergeant first class, and will most likely receive the promotion within the next few months, though Kevin points out that he should be promoted first.

The 619th operates all types of military trucks and will do so while moving supplies up and down the Iraqi highways. They will also be called on to provide convoy security at times.

According to the company commander, Capt. Brian White, the brothers are two of his top non-commissioned officers (NCOs). He said the Soldiers respond well to both of the NCOs and their leadership styles.

Honors and Awards



Capt. Bryant Venable and Sgt. 1st Class Claudia Polite, 1357th Civil Affairs Company commander and acting first sergeant; Capt. Kristen Brockman and Sgt. 1st Class Richard Kennon, 1411th Civil Affairs Company commander and acting first sergeant; and 1st Lt. Karen Hassler and Sgt. 1st Class Allan Muller, 733rd Transportation Company commander and acting first sergeant display their units' yellow banners prior to deploying for Operation Iraqi Freedom missions at Infantry Park, July 27. The 1357th CA Co. is from Camden, the 1411th CA Co. is from Edison, and the 733rd Transportation Co. is from Reading, Pa.

Transportation Company commander and acting first sergeant display their units' yellow banners prior to deploying for Operation Iraqi Freedom missions at Infantry Park, July 27. The 1357th CA Co. is from Camden, the 1411th CA Co. is from Edison, and the 733rd Transportation Co. is from Reading, Pa.



Capt. Antonia Greene, 72nd FA Bde.

Staff Sgt. Calvin Rouse, Headquarters and Headquarters Battery, 72nd Field Artillery Brigade, is promoted to sergeant first class by HHB commander Capt. Samuel Banter, in a ceremony outside the brigade headquarters July 18. Rouse served as the senior mobilization non-commissioned officer in HHB for the last two years before demobilizing this month.



Capt. Nick Ashbaugh and Sgt. 1st Class David Kitchen, 401st Civil Affairs Battalion, Charlie Company commander and acting first sergeant, display their unit's yellow banner prior to deploying on an Operation Iraqi Freedom mission at Griffith Field House, July 23. The unit is from Tonawanda, N.Y.



photos by Ryan Morton

Maj. Bill Crouse and 1st Sgt. Patrick Daley, 1314th Civil Affairs Company commander and first sergeant, display their unit's yellow banner prior to deploying on an Operation Iraqi Freedom mission at Griffith Field House, July 23. The unit is out of Decatur, Ga.



Staff Sgt. Heather Swift and 1st Lt. Man Fung Wong, 140th Quartermaster Company, Detachment 2 acting first sergeant and commander, display their unit's welcome home plaque and yellow banner upon their return from an Operation Iraqi Freedom mission, July 27. The unit is from Fort Totten, N.Y.



Capt. Antonia Greene, 72nd FA Bde.

Newly promoted Sgt. Deborah Smith, Operation Warrior Trainer with 2nd Battalion, 312th Training Support Regiment, is pinned by her fiancé and fellow OWT, Staff Sgt. Jay Decker during a ceremony at the detainee operations training facility, July 24.

**Read
the Post!**

SPORTS

Dix hosts joint base basketball clinic



photos by Ryan Morton

WHAT WILL THEY DO? -- From left, Emmanuel Hayden, age 12, Hunter Cort, age 10, Chase Lane, age 9, and Darius Scott, age 8, are on the ready in the triple threat stance at Doughboy Gym, July 20. In this position they can do one of three things: pass, shoot, or dribble. Right, Fred Smalls, age 7, executes a dribbling drill around some cones. They learned these skills and drills during the Joint Base Youth Sports Basketball Mini-Clinic, July 20-24.



EYE-HAND COORDINATION -- Carlton Peete, Joint Base Youth Sports Basketball Mini-Clinic Instructor, teaches the young students the fundamentals of ball handling and dribbling, July 20.



Ryan Morton
Public Affairs Staff

Students from kindergarten through high school came out to sharpen up their basketball skills and pick up some new moves at the Joint Base Youth Sports Basketball Mini-Clinic held July 20-24 at Fort Dix's Doughboy Gym. They participated in a variety of basketball skill-building exercises including passing, dribbling, and shooting.

"The kids had great attitudes and didn't mind working hard," said Youth Sports Basketball Clinic Instructor, Jacob Carver.

They also learned what is commonly known as the triple threat stance, which gives a player an option when they have the ball to pass, dribble, or shoot.

"The clinic went really well. All the kids seemed to show improvement and they tried really hard. They all seemed to gain something positive from the experience," said Carver.

Youth Sports also has other events coming up such as the baseball, softball, and soccer clinics for children ages 6 years old and up Aug. 17-21. For more information, call 562-4702 or 562-5231, or log onto www.dixmwr.com.

Soldiers compete for glory in triathlon

1st Lt. Kevin Skindell
72nd FA PAO

MERCER COUNTY PARK, N.J. — Most people are still sleeping at 7:30 a.m. on Sunday morning. Some are getting ready for church and others are casually sipping coffee, reading the Sunday paper.

But for seven 72nd Field Artillery Brigade Soldiers, 7:30 a.m. marks the start of the grueling 4th Annual New Jersey State Triathlon.

Sweat already forming on her forehead, adrenaline racing throughout her body, Maj. Mary McKiernan, Operation Warrior Trainer (OWT) recruiting officer, waits anxiously for the race to begin.

"I'm not that nervous; I really enjoy these things," she said. "It's been a while since I've done one, but I'm ready!"

The New Jersey State Triathlon takes place at Mercer County Park located between Philadelphia and New York City just northeast of Trenton. CGI Racing, who hosted the event, calls it the state's premier and largest triathlon. It was sold out weeks prior to its start.

The triathlon offers two distance levels of competition: sprint and Olympic. Sprint distance consists of a 500 meter swim, 11.5 mile bike, and a 5 kilometer run. The Olympic distance more than doubles the requirement with a 1.5 kilometer swim, 23 mile trek, and a 10 kilometer run. All of the members of Team Dix competed at the sprint distance level.

Sgt. Bradley King, OWT Individual Movement Techniques Observer, Controller/Trainer, leads the team's charge bearing the number 66 on his biceps, starting the 500 meter fresh-water swim immediately in wave one.

Approximately nine months ago, 1st Lt. Donald Buda, Mobilization Assistance Training Operations (MATOPS) validation officer, came up with the

idea of getting a group of 72nd FA Brigade Soldiers together to compete in this year's triathlon. His hope was to boost morale in his section as well as promote physical fitness. Answering his call were friends and co-workers: Maj. Mary McKiernan, Maj. Brian Sullivan, Capt. Brendan Shimizu, Staff Sgt. Cassandra Hanson, Staff Sgt. Charlene Hazelton and Sgt. Bradley King.

Training for this event was no easy task. Buda said he had to take swimming lessons, seriously. Shimizu said he had been swimming 1,000 meters per training session since February. Hazelton, who was still looking for a mountain bike only days prior to the event, said that the normal unit Physical Training (PT) was not enough.

"I continued to run my two miles at PT but had to force myself to step it up a little by running an extra mile or two; I've also utilized the bicycle at the gym to strengthen my legs for the bike portion of the triathlon," said Hazelton.

King posted the fastest overall time for the team, completing the race in 1:17:06. Sullivan trailed King by only four minutes. Hanson had the fastest time for the females of the group with a time of 1:30:23. Though King had the fastest overall time, McKiernan swam 500 meters in an impressive 10:09, trouncing her teammates.

By 10:30 a.m. the race was over for Team Dix. The group placed modestly, but more importantly everyone finished. The Soldiers looked exhausted, but chose to celebrate the finish rather than make light of it. With a grand total of 3.5 kilometers swam, 80.5 miles biked, and 35 kilometers ran, the team wound down and finally settled into a relaxing Sunday morning pace.

"I think we're all looking forward to the next Team Dix excursion - it certainly builds esprit de corps and hopefully, next time, we can raise some money and donate it to charity," said McKiernan.



photos by 1st Lt. Kevin Skindell

TEAM DIX — 72nd FA Bde. Soldiers from left, 1st Lt. Donald Buda, Capt. Brendan Shimizu, Maj. Mary McKiernan, Maj. Brian Sullivan, Staff Sgt. Charlene Hazelton, Sgt. Bradley King and Staff Sgt. Cassandra Hanson show off their medals after completing the New Jersey State Triathlon at Mercer County Park, July 26.



FINISHING STRONG — From left, 1st Lt. Donald Buda and Staff Sgt. Charlene Hazelton run the final stage of the triathlon. It started off with a 500 meter swim, then an 11.6 mile bike ride, and finished off with a 5 kilometer run. The top finishers for the 72nd FA Bde. were Sgt. Bradley King with a time of 1 hr., 17 min., 6 sec., Maj. Brian Sullivan with a time of 1 hr., 22 min., 56 sec., and Staff Sgt. Cassandra Hanson with a time of 1 hr., 30 min., 23 sec.



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